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PLAYOFFS PLAYED OUT FOR JETS

Winnipeg's Mark Stuart hits Ryan Getzlaf of the Anaheim Ducks at MTS Centre Wednesday. The Jets couldn't beat the Ducks, despite the boisterous crowd, losing 5-2. JOHN WOODS/THE CANADIAN PRESS

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metro NEWS

Your essential daily news

Migrant crisis: Italy wants action from EU. **World**

Manitoba's new recycling program aims to help prevent old mattresses from ending up in Winnipeg's landfill. THINKSTOCK

EARTH DAY

New program helps planet sleep easier

The Manitoba government wants to give tired old mattresses a cushy new life.

In honour of Earth Day, the province announced Wednesday it plans to put $275,000 towards a local mattress recycling program.

"In Winnipeg alone it is estimated that about 40,000 mattresses every year are going to Winnipeg's landfill," said Gord Mackintosh, conservation and water stewardship minister. "That's a waste of materials that can go to productive use in other areas."

The province is teaming up with Mother Earth Recycling (MER) in Winnipeg, which helps provide jobs for indigenous people with employment barriers living in the inner city.

The mattress-recycling program will create about 24 new jobs over two to three years, said MER general manager Darryl Bruce.

"We can provide them with on-site training and they can use that experience as a stepping stone for something else," he said.

When the program gets started later this year, MER will offer mattress pickups, or the public will be able to drop theirs off at MER's processing facility at 93 Gomez St.

Mattresses are 90 per cent recyclable, and the process is similar to filleting a fish, according to Bruce.

"You take the material off with a cutting knife," he said. "The wood can be used for mulch and there's a shortage of metal so that will be (compressed) and sent to companies that are in need."

Even the foam gets used as underlay for carpets, added Bruce.

The mattress-recycling project is part of the province's green action plan, which hopes to cut Manitoba's waste production in half by 2020. EVA WASNEY/METRO

Millions choose Metro

MEDIA

Latest newspaper survey results revealed

Luke Simcoe
Metro | Toronto

Metro is becoming the go-to news source for young Canadians.

Almost 3 million people read Metro once a week, and more than 1.2 million are daily readers, data released Wednesday by NADbank shows.

Some 60 per cent — or 740,000 — of the daily 1.2 million readers are between the ages of 18 and 49, with the most living in major hubs stretching from Vancouver to Halifax.

It's proof that Metro "owns the younger urban market in Canada," said vice-president and editor-in-chief Cathrin Bradbury.

"People are choosing Metro because it's a reflection of their lives, and the cities they call home," Bradbury said. "It is the paper that best captures the essence of what they're passionate about and explains the issues they face."

John Cruickshank, publisher of the Toronto Star and president of Star Metro Media Group, said he's thrilled with Metro's readership growth in a number of cities, particularly those in Western Canada.

"While the capacity of others to cover the market shrinks, Metro — because it's focused on news delivery — will continue to rise in these crucial markets," he said.

The paper's appeal to younger people helps complement other Star Metro Media products, he said.

"What we have with the Star and Metro is the ability to speak across a very great breadth of the audience."

Metro is well positioned for future growth as more people move to urban centres, Bradbury said.

According to Statistics Canada, 81 per cent of people now live in urban areas. The divide is even more pronounced among the young, with only 17 per cent of 15- to 29-year-olds living in rural Canada.

Metro has made recent investments to expand editorial coverage of local news in each of its seven markets, Bradbury said. Plus, Metro updated its look in March with a modern redesign that takes delivering essential daily news to the next level.

"We want people to tuck the paper under their arms with pride," Bradbury said.

One of Metro's strengths is connecting with commuters. In Calgary, for example, where readership is 139,300 daily, its presence on transit is hard to miss. JENNIFER FRIESEN/FOR METRO

> **What we have with the Star and Metro is the ability to speak across a very great breadth of the audience.**
> John Cruickshank, president of Star Media Group

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FAMILY SERVICES

Minister knew of kids' jail housing

Manitoba's family services minister said she was warned a while ago that children in care were being kept in jail longer than necessary because of a shortage of appropriate foster-care spots.

In an interview, Kerri Irvin-Ross said the government is working on the issue but there is no quick fix. Kids who end up in police custody have complex needs and often can't be released into any foster home, she said.

Irvin-Ross refused to say if she was concerned that keeping kids in jail longer than necessary was a violation of their charter rights, as some have alleged.

"When we're talking about moving a child from the youth centre back into the community, we need to take a lot of care and attention," she said, adding that when a child is ready to be released, there needs to be a plan in place.

"If that plan is not in place — and I'm not pointing fingers — the time needs to be made to ensure that plan is developed and implemented. That's our responsibility."

Children's advocate Darlene MacDonald recently said she gets calls from judges who want to release young people from police custody but can't because there is nowhere for them to go.

Critics say the NDP isn't showing the kind of urgency needed to fix the problem. Progressive Conservative critic Ian Wishart said the government has known for at least two years that kids in care were staying in jail due to a lack of foster placements.

"I hate to say it, but we've certainly seen that the only time the minister really moves with any determination is in crisis," Wishart said. THE CANADIAN PRESS

TerraCycle Canada gives to charity for every pound of cigarette butts recycled. SHANE GIBSON/METRO

Darrell Hill has saved more butts than you

ENVIRONMENT

Winnipegger challenges you to step up your recycling game

Shane Gibson
Metro | Winnipeg

A Winnipeg smoker is among the country's most prolific cigarette-butt recyclers, according to a Canada-based company that takes in hard-to-recycle products.

Darrell Hill, 61, has recycled no fewer than 41,767 butts — that works out to just over 32 pounds — with TerraCycle Canada since March 2013.

"It's a bad habit, so we might as well try to get something good out of it," said Hill on Wednesday, adding he's had help from friends and family. "Our garage is kind of like a social gathering place, so everybody's always here, and they accumulate."

Hill and his wife started saving butts after learning about TerraCycle's Cigarette Waste Brigade program. The company gives collectors points for every pound of butts returned. The points can be redeemed as cash donated to a charity of your choice.

41,767

Winnipegger Darrell Hill has recycled 41,767 butts with TerraCycle Canada since March 2013.

Hill is collecting for a charity helping children with autism because his grandson was born with the disease.

TerraCycle spokeswoman Vanessa Farquharson tells Metro that 28 Winnipeggers are taking part in the program. As a city, we've recycled 45,000 butts.

That means Hill is responsible for 91 per cent of all the butts returned from Winnipeg.

"We looked at the numbers, and a colleague and I thought this collector probably works for a casino or something," said Farquharson. "Then we called him and asked, and he said no, it's just me and his friends and his family.

"Darrell is definitely in the top five individual collectors that we have across Canada."

Farquharson said TerraCycle converts the butts into plastic shipping pallets.

Hill challenges individual Winnipeggers and companies to beat his record by signing up to the program at terracycle.ca.

ABORIGINAL ISSUES

Chiefs ask UN for equal learning

Manitoba chiefs want the United Nations to investigate aboriginal access to education.

Grand Chief Derek Nepinak, with the Assembly of Manitoba chiefs, says he has sent a formal invitation to the UN's special rapporteur on the right to education.

He says Canadians receive some of the best education in the world, but that's not the case for aboriginal children.

"It is no secret that many Canadians receive some of the best education in the world. This is contrasted with Indigenous children and families in our communities who are running their own education systems and are constantly battling wholesale underfunding, resulting in a severe limitation on the potential of our young people in academics," stated Nepinak.

He says the Canadian government is almost certainly breaching international standards and obligations to provide equal access to education for aboriginal children.

The UN's special rapporteur on the rights of indigenous peoples visited Canada in 2013 and called for an improvement in the living conditions of First Nations. THE CANADIAN PRESS

Grand Chief Derek Nepinak
THE CANADIAN PRESS

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BACKSTAGE PASS

No one safe from Slayton's surly salvo

Jared Story
Metro | Winnipeg

You poke this pit bull, you get bit.

Bobby Slayton is affectionately called "the pit bull of comedy" for his hostile, motormouth delivery. The American stand-up comedian, who boasts almost 40 years in the business, will absolutely decimate any heckler, including those horrible helper hecklers.

"You get hecklers, and they actually think they're helping the show," said Slayton, 59. "If you clocked my stage hours, there's no comic alive that has more hours than I do. Really shitty hours, too, in the trenches, sitting in coach on a plane, living in comedy condos and playing horrible clubs for horrible human beings — and I still to this day can't figure why people who heckle think they're helping out a comedian.

"When you're at a ball game and heckling a baseball player, you know you're not helping them.... Only in stand-up comedy do people yell out stupid s–t because they think they're helping the show."

Slayton is not for everyone, but he's comfortable blasting anyone. His fearless and fiery brand of funny flies in the face of political correctness, so much so that his shows are sometimes advertised with a disclaimer.

"They kind of warn people about me," said Slayton. "There are some clubs that put signs up, 'If you're easily offended, you might want to reconsider.' So when people say, 'Oh, I didn't know he was going to say that' — well, you saw the sign. It's on the box office window; we showed it to you.

"Then again, I have people that come to my show and say, 'You never picked on me. You weren't offensive at all. You weren't that dirty.' It's like I'm damned if I do and damned if I don't."

Bobby Slayton performs at Rumor's Restaurant & Comedy Club from Thursday through Saturday. Showtime tonight is 8 p.m., with two shows on Friday at 7:45 and 10:30 p.m. and Saturday at 7:15 and 10 p.m. Tickets are $20 at Rumor's and at rumorscomedyclub.com.

ACTING

Slayton is also an actor and has appeared in such movies as Bandits, Get Shorty, Dreamgirls and The Rat Pack.

Bobby Slayton is often referred to as "the pit bull of comedy" for his aggressive style. CONTRIBUTED

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RACHEL BROWNE

Dancer remembered in documentary film

Eva Wasney
For Metro | Winnipeg

A film about a local dance legend takes to the silver screen for its first public appearance this week.

A Good Madness tells the personal story of Rachel Browne, Manitoba's modern dance matriarch and founder of Winnipeg's Contemporary Dancers (WSD).

"She was a grandmother of two or three generations of modern dancers," said Danielle Sturk, the film's writer, producer and director. "I think we kind of tied modern dance to her."

Browne started WSD in 1964, and was a dancer, teacher and choreographer up until her death in 2012 at the age of 77 — Browne's last performance was in 2008.

The Rachel Browne Theatre in the Exchange Districts is a compliment to her influence on the local dance scene.

A former contemporary dancer herself, Sturk was inspired to pay tribute to her late mentor.

"Her passing away was a bit of shocking news and that definitely made me think about the fact that we haven't really celebrated her," she said.

The film is a creative documentary that has archival elements, including taped interviews with Browne, and performances by dancers who worked with her.

Sturk intended it to be a biography more than a technical look at modern dance.

"It's a film that someone who's never seen modern dance can understand and feel comfortable with because it's a story about her as a person," she said.

DETAILS

A Good Madness is playing at Winnipeg Cinematheque until April 25, for show times and ticket prices visit winnipegfilmgroup.com/cinematheque.

Rachel Browne — known as the matriarch of modern dance in Manitoba — is the founder of Winnipeg's Contemporary Dancers. CONTRIBUTED

Golden Links Lodge CEO Mary Knight gave media a tour of the personal care home's newly repaired basement Wednesday. The facility reopened Monday, a year to the day after flooding forced all 86 residents out. SHANE GIBSON/METRO

Residents back home a year after the flood

GOLDEN LINKS LODGE

Care home said repairs are estimated at $4 million

Shane Gibson
Metro | Winnipeg

Residents of a St. Vital personal care home have returned home a year after extensive flooding forced them out last spring.

Golden Links Lodge at 2280 St. Mary's Rd. had to be evacuated after its basement filled with water in the early morning hours of April 20, 2014, destroying the facility's mechanical and electrical systems.

"Within a matter of minutes the water was so high in the basement that we could not access it," said Golden Links Lodge CEO, Mary Knight Wednesday, explaining the water came from a high pressure underground water pipe just outside the facility. "It wasn't anything in the building, or anything we could have predicted."

Knight said the water rose to within an inch of the basement's eight-foot-high ceilings.

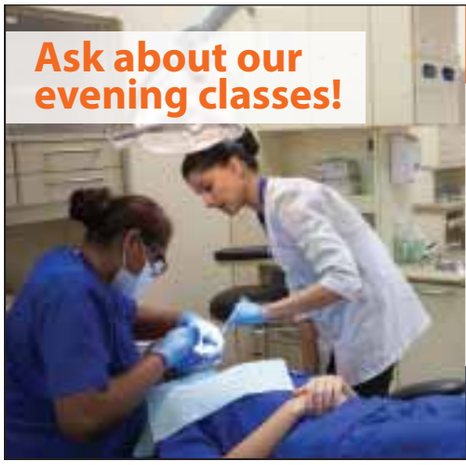
> **"Within just a few minutes we were all identified and ready to go."**
> Leona Tomchuk, 86

The flooding started around 3 a.m. and an evacuation plan was quickly put into place, according to Knight, who said all 86 residents were safely removed and placed in temporary facilities in time for breakfast.

"It was so well organized that you didn't have time to realize that anything was the matter," said 86-year-old resident Leona Tomchuk, who returned to her suite Tuesday. "Within just a few minutes we were all identified and ready to go."

Residents spent the year at River Ridge Retirement Residence where staff from Golden Links were relocated to care for them.

The care home said repairs to the building are estimated at $4 million, the majority of which was covered by insurance.



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Calorie deficit taking its toll

CHALLENGE DAY 3

Metro reporter feels his energy flagging on a $1.75-a-day diet

Gilbert Ngabo
Metro | Toronto

There are those daily routines in life that you seldom expect to change.

Like the 30 or so pushups I do every morning before taking a shower. I've been doing that for so long that I don't even think about it. But since taking on the Live Below the Line challenge this week, I've started to feel my body letting me down.

It started Tuesday evening on my way home from work. As I sat on the train, I started reading an ESPN column that I had downloaded earlier about the NBA playoffs. That's what I do every day on my commute. But this time, I kept falling asleep before finishing two paragraphs. After many failed attempts, I pulled a book out of my bag, thinking my eyes were just tired of looking at screens. But I couldn't finish a page before dozing off.

It's not as if I was overly tired from work. Instead, it's a testament to the physical, emotional and mental toll that not eating enough can take on you.

I had lunched on a meagre meal of bean soup and a piece of pita bread, the same thing I planned to eat for dinner. The previous night, I had woken up on multiple occasions, checking the time and realizing I was still hours from starting my morning routine. And a sense of emptiness in my whole body kept reminding me that I was hungry. When it was finally time to get out of bed, I felt so weak I didn't even try for a few pushups.

Nutritionist Theresa Albert was shocked when I told her what I've been eating.

"Very poor diet," she said, advising that I need regular nourishment and more varied foods, as well as enough calories.

Studies show that men aged 19 to 30 should consume at least 2,400 calories a day to maintain a healthy body. With $1.75 as a daily food budget, I'm not even getting half of that.

If I continued on this diet for an extended period of time, some critical processes in my body would start to shut down, such as my brain and immune system, Albert told me.

It made me think of all the kids from poor families, going to school with half-empty stomachs. If I can't concentrate on reading a piece of news after only two days on this challenge, how are they going to sit in a class all day and follow their teachers?

The World Food Program estimates that more than three million children around the world die each year as a result of poor nutrition, and that more than 800 million people are going hungry. The hunger I'm feeling during this challenge serves as a reminder to appreciate life the way I know it.

LIVING BELOW THE LINE

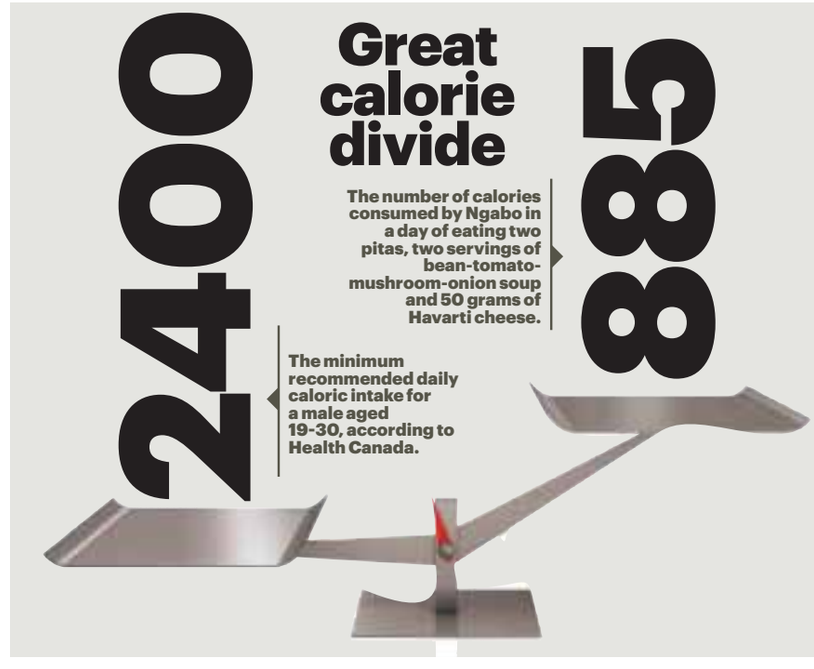
The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just $1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 3 of 5, a tired Gilbert Ngabo sizes up his diet on $1.75 versus the ideal diet.

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

BY THE NUMBERS Health Canada versus the $1.75 diet


2400
Great calorie divide
The number of calories consumed by Ngabo in a day of eating two pitas, two servings of bean-tomato-mushroom-onion soup and 50 grams of Havarti cheese.
885
The minimum recommended daily caloric intake for a male aged 19-30, according to Health Canada.

DUFFY TRIAL

Residence declaration no accident: Crown

Just days after he was formally sworn into the Senate in January 2009, Mike Duffy took deliberate steps that ensured he would collect living expenses totalling some $81,000 over the next four years, court heard Wednesday.

Crown attorney Jason Neubauer drove home the point that it was no accident Duffy declared his cottage in Prince Edward Island his primary residence, having consciously filled out the paperwork to do so.

As a result, his home in Ottawa, which he had owned for seven years prior to his appointment to the Senate, suddenly became his secondary residence.

The suspended senator has already pleaded not guilty to 31 charges of fraud, breach of trust and bribery, most of them linked to living and travel expenses which he claimed from the public purse.

On Parliament Hill, meanwhile, the question of Duffy's residency roared back to prominence.

During question period, NDP Leader Thomas Mulcair seized on the fact that Prime Minister Stephen Harper, the man who appointed Duffy to the Senate in the first place, has already publicly defended his eligibility to represent P.E.I.

But for the first time, Harper appeared to suggest it was Duffy's fault for filling out forms that said he was resident in P.E.I., as the Constitution demands. THE CANADIAN PRESS

KEY WITNESS

Earlier Wednesday, a senior Senate official testified that Duffy did not have the discretion to change his office contracts once they had been approved and monies had been set aside for a specific purpose.

Nicole Proulx, currently the chief corporate services officer, is a key Crown witness because of her broad knowledge of contracting and procurement rules in the upper chamber.

Some of the charges Duffy faces involve $65,000 in contracts awarded to friend Gerald Donohue. Some of that money was later apportioned to other individuals via Donohue's company, out of the view of Senate functionaries.

SASKATCHEWAN

Woman, three kids dead in possible murder-suicide

RCMP say they believe a man went to a mobile home in rural Saskatchewan and killed a woman and her three children, but spared an infant. They say he then took the six-month-old baby and drove 130 kilometres from the town of Tisdale to Prince Albert, where he killed himself.

RCMP spokeswoman Mandy Maier said officers received a call from a family member about supper-time Tuesday saying that the woman and children hadn't been heard from all day and couldn't be reached.

About six hours later, after officers obtained a search warrant, they found the woman and children dead in a trailer in Wicks' Mobile Home Park.

The children were all under the age of nine. Police have not revealed how they died, but believe they were killed before they were reported missing.

THE CANADIAN PRESS

MOHAMED FAHMY FINALLY GETS A PASSPORT Canadian Al Jazeera English journalist Mohamed Fahmy holds his temporary passport Wednesday near Tora prison in Cairo, Egypt. Fahmy, facing broadly denounced terror charges in Egypt, was finally given a temporary Canadian passport Wednesday. The journalist's original passport was seized during his arrest in December 2013. THE ASSOCIATED PRESS

Trudeau hinting at economic platform

POLITICS

Liberal leader promises to balance budget

Justin Trudeau is starting to show some of his economic cards now that the Conservative government has laid its election hand on the table.

The Liberal leader says he would reverse the Tories' plan to almost double the maximum amount Canadians can sock away in their tax-free savings accounts.

And he's promising that the Liberals would balance next year's budget should they win this fall's election.

Trudeau disclosed those details Tuesday, after the Conservatives laid out their economic and fiscal blueprint in the Harper government's 11th federal budget, its last before the October election.

He revealed another on Wednesday: he'd keep the Conservatives' plan to cut the 11 per cent small business tax rate by two points over four years. However, he said a Liberal government would look at a different way of implementing the cut so that it wouldn't wind up benefiting primarily the wealthy, as many economists have predicted will happen.

In addition to those particulars, insiders say Trudeau intends to unveil in the next few weeks a major economic plank from his party's eventual election platform.

> **Our platform will be fully costed, fiscally responsible and a balanced budget.**
> Liberal Leader Justin Trudeau

Until now, Trudeau has offered sparse details — like promises to scrap the government's income-splitting measure and to roll back the age of eligibility for old age security to 65 from 67 — while resisting pressure to reveal platform proposals.

With the fiscal lay of the land now clear, he hinted broadly Wednesday that he'll be more forthcoming soon about Liberal economic policy.

"I have been very clear from the very beginning. The Liberal party is putting together a responsible plan that we will share with Canadians at an appropriate time," he said.

NDP Leader Tom Mulcair has been steadily unveiling platform planks since last summer, including plans for a national $15-a-day child care program, reinstatement of a $15-per-hour federal minimum wage and promises to hike corporate taxes and cut small business taxes.

THE CANADIAN PRESS

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Drone lands on Japan PMO's roof

Authorities probe a drone on the roof of the Japanese prime minister's office. KOTA ENDO/KYODO/THE ASSOCIATED PRESS

SECURITY

Incident raises alarm over potential for terror attacks

Japanese authorities said they were investigating after a small drone laced with traces of radiation was found Wednesday on the roof of the prime minister's office, sparking concerns about drones and their possible use for terrorist attacks.

No injuries or damage were reported from the incident. Prime Minister Shinzo Abe was in Indonesia to attend an Asian-African conference.

Police said it was not immediately known who was responsible for the drone. They were investigating the possibility it had crashed during a flight.

Chief Cabinet Secretary Yoshihide Suga said a drone landing at the prime minister's office was a wake-up call to problems caused by the unmanned aerial devices, including the possibility of terrorist attacks when Japan hosts a Group of Seven summit next year or during the 2020 Olympics in Tokyo.

"There is a possibility that drones might be used for terrorist attacks," Suga said.

The drone was about 1.7 feet in diameter and had four propellers. It carried a small camera and a plastic bottle with unidentified content inside, according to Tokyo police.

It said the bottle is believed to be the source of the radioactive contamination. It also had a symbol that warns of radioactive material.

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CALIFORNIA LAWMAKERS APPROVE MANDATORY VACCINATIONS FOR SCHOOLCHILDREN Tianna Hazard of Oakland wipes tears on Wednesday as she and her nine-month-old daughter leave a hearing at the Capitol in Sacramento, Calif., where lawmakers approved a measure requiring schoolchildren to be vaccinated. The bill was approved by the Senate Education Committee on a 7-2 vote.

RICH PEDRONCELLI/THE ASSOCIATED PRESS

WASHINGTON, D.C.

Bystanders rescue man from tracks

A man was rescued from the tracks at a Washington (D.C.) Metro station after his wheelchair rolled off the platform.

Surveillance video shows two bystanders jumping onto the tracks to lift the man and his wheelchair back onto the platform Tuesday afternoon at the U Street station.

A Metro spokesman says the nearest train was three stops away when the bystanders jumped onto the tracks.

Metro says the man who fell had a bloody mouth but no other visible injuries.

He was taken to hospital for treatment.

It wasn't clear why the man's motorized wheelchair rolled off the platform.

Metro spokesman Dan Stessel says the man who fell was not in imminent danger of being struck by a train, but the greater hazard was the electrified third rail that powers the trains.

THE ASSOCIATED PRESS

Italy needs EU help on migrant crisis

HUMAN TRAFFICKING

Some 90% of smugglers' boats leaving from Libya

Italy pressed the EU on Wednesday to devise robust steps to stop the deadly tide of migrants crossing the Mediterranean, including considering military intervention against smugglers and boosting UN refugee offices in countries bordering Libya.

"We know where the smugglers keep their boats, where they gather," said Defence Minister Roberta Pinotti. "The plans for military intervention are there."

Some 90 per cent of smugglers' boats leave from Libya, where the lack of a central authority coupled with extremists affiliated with ISIL have contributed to chaos and lawlessness that have allowed criminal trafficking networks to proliferate.

Pinotti said Italy was willing to take the helm of any military intervention if asked and as long as it is carried out as an international mission, backed by the United Nations.

Pinotti spoke a day before EU leaders hold an emergency summit in Brussels called in the wake of a shipwreck off Libya last weekend that may have killed more than 800 migrants. It would be the highest known loss of migrant lives in a single incident in the Mediterranean.

Ahead of the summit, Premier Mario Renzi called for EU leaders to approve three key proposals: doubling the resources and assets of the current EU border patrol mission; destroying smugglers' boats and improving co-ordination across the EU for transferring asylum seekers.

THE ASSOCIATED PRESS

Migrants crowd an inflatable dinghy as rescue vessel Denaro (not pictured) of the Italian Coast Guard approaches them, off the Libyan coast, in the Mediterranean Sea, Wednesday. In the background is a merchant ship.

ALESSANDRO DI MEO/ANSA VIA THE ASSOCIATED PRESS

PARIS

Extremist shoots himself in the leg

An extremist with an arsenal of loaded guns was prevented from opening fire on churchgoers only because he accidentally shot himself in the leg, French officials said Wednesday.

The 24-year-old computer science student, who was also suspected in the death of a young woman whose body was found on Sunday shortly before his arrest, had been flagged as a risk for intent to travel to Syria but there had been no specific reason to open a judicial investigation, Interior Minister Bernard Cazeneuve said Wednesday.

Paris Prosecutor Francois Molins said the suspect — an Algerian who had lived in France for several years — was arrested in Paris Sunday after he apparently shot himself by accident and called for an ambulance.

He was waiting outside his apartment building for first aid when police arrived. They followed a trail of blood to his car, which contained loaded guns.

THE ASSOCIATED PRESS

IN BRIEF

Saudis launch airstrikes on Yemen rebels after saying operation was over

Saudi-led airstrikes targeted Iran-backed rebels and their allies in Yemen on Wednesday, hours after Riyadh declared an end to a nearly month-long air campaign. The Shiite forces later said they would welcome United Nations-led peace talks to end a conflict that's killed hundreds without dislodging them from the capital.

The rebels, known as Houthis, say they call for a resumption of dialogue.

"We welcome any United Nations efforts that are on the side of peaceful solutions," Houthi spokesman Mohamed Abdul-Salam said in a statement, which came as thousands of angry Houthi supporters marched in the capital, Sanaa, denouncing what they described as "Saudi-American aggression." THE ASSOCIATED PRESS

SOUTH ASIA

Storm kills dozens in east India

An unseasonal storm with heavy rain and hail killed at least 42 people, injured more than a hundred and caused heavy damage to the winter wheat crop in eastern India, officials said Wednesday.

Most of the deaths were caused Tuesday night by tin roofs that were blown off of poor people's huts by winds reaching 65 km/h in northeastern parts of Bihar state, meteorologist R.K. Giri said. The storm subsided before daybreak.

Nitish Kumar, the state's top elected official, visited some of the worst-hit areas and said 30 deaths were reported in Purnea, seven in Madhepura and the rest in Madhubani and other districts.

Thousands of poor people have become homeless as a result of the storm, he said, adding the storm also badly damaged mango and lychee crops.

Authorities launched relief efforts in 10 districts hit by the storm. The area is about 360 kilometres northeast of Patna, the state capital.

Unseasonal rain and hailstorms in March destroyed large areas of farmland in northern and western India, leading dozens of debt-ridden farmers to kill themselves.

On Wednesday, a man at a farmers' rally in the Indian capital climbed a tree and hanged himself with a white scarf, according to images broadcast by the New Delhi Television channel. Some volunteers of the Aam Admi Party, the rally organizers, tried to save him by untying the noose and rushing him to a hospital.

However, he was declared dead at the hospital, said S. Saxena, an official of the Ram Manohar Lohia hospital.

"I am the son of a farmer. He threw me out of home because of damage to the crop. I have three children. I don't have the money to feed my children. Hence, I want to commit suicide," said a handwritten note recovered from the spot. THE ASSOCIATED PRESS

CHINA

Workers die in coal mine flood

Search teams have recovered the bodies of 19 Chinese coal miners who died when the shaft where they were working filled with water, the official Xinhua News Agency reported Wednesday.

The updated death toll came as rescuers were working frantically to find two miners still listed as missing. More than 600 rescuers have been working to pump water from the shaft and drill holes from the surface at the Jiangjiawan mine near the northern city of Datong.

A total of 247 miners were underground when water rushed into the shaft Sunday evening.

Of those, 223 people made it safely to the surface while three of those trapped were rescued and were recovering in hospital.

Such accidents are usually caused by breaches of abandoned shafts where water has collected over time.

China has seen a dramatic drop in accidental deaths in its notoriously dangerous mines, partly as a result of improved safety measures but also because of falling coal production levels as the slowing economy reduces demand.

THE ASSOCIATED PRESS

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A man faces North Korea at Imjingak park, south of the demilitarized zone. ED JONES/AFP/GETTY IMAGES

Walking for peace between Koreas

REUNIFICATION

Women plan to cross North to South in May

South Korea said Wednesday that it will likely support a proposed walk across the demilitarized zone (DMZ) between the two Koreas by prominent women, including Gloria Steinem, in what is planned as a call for the reunification of the two countries.

The government plans to approve the planned walk next month if it confirms North Korea's official support for the event, said Lim Byeong Cheol, a spokesman for the Unification Ministry, which handles affairs related to North Korea.

Organizers of the effort called WomenCrossDMZ.org said earlier that they had received permission from Pyongyang. The South Korean government has yet to confirm whether North Korea sent an official invitation to the women or expressed its support for the event to the UN Command at the DMZ. Organizers plan to have 30 women cross from North Korea to South Korea on May 24, which is the International Women's Day for Disarmament.

A spokesman from the UN Command, who didn't want to be named citing official rules, said it usually approves civilian crossings when they are supported by both Koreas. Five New Zealanders crossed the DMZ with motorbikes in 2013, and a group of 32 Korean Russians crossed the zone by motorcade last year after gaining permission from both sides.

Nobel peace laureates Mairead Maguire of Northern Ireland and Leymah Gbowee of Liberia, who were credited for their work to help end long-running conflicts in their countries, are among the women planning to join Steinem, an influential writer and gender-equality activist, in crossing the DMZ at the village of Panmunjom, which straddles the border.

Although organizers promote the walk as a gesture for peace, some critics in the U.S. have accused some of the participants of having soft views on North Korea's oppressive regime and ugly human-rights record, questioning whether the march would serve Pyongyang's propaganda efforts.

The walk marks the 70th anniversary of the division of the Korean Peninsula at the end of the Second World War.

THE ASSOCIATED PRESS

IN BRIEF

Computer shot eight times

For killing the source of his frustration and abandoning the body in an alley, a Colorado man could be considered lucky for just receiving a citation — except his victim was his computer.

The Colorado Springs Gazette reports that 37-year-old Lucas Hinch was slapped with a ticket for discharging a weapon within city limits after he took his computer outside and shot it eight times. Colorado Springs police Lt. Jeff Strossner said Hinch told him he had been fighting his computer for months. THE ASSOCIATED PRESS

Bestiality law in Denmark

Denmark has outlawed bestiality, putting the small Scandinavian country in line with several European neighbours, including Germany, Sweden and Norway.

In a 91-75 vote Tuesday, Danish lawmakers approved banning sex with animals. Five abstained. The law proposal had been introduced in February by Denmark's farming minister. Denmark's Animal Ethics Council opposed the law, saying existing laws were enough. As of July 1, a person found guilty faces fines or prison.

THE ASSOCIATED PRESS

N.Z. PM pulls woman's hair

New Zealand Prime Minister John Key has apologized to a café worker for repeatedly pulling her ponytail when he visited the café over several months, even after she'd told him to stop.

The worker wrote an anonymous post Wednesday on the Daily Blog website, saying Key began pulling her hair last year during his successful re-election campaign.

Eventually, she told Key's security detail she didn't like it and later told Key, "No."

She said she felt powerless and tormented.

THE ASSOCIATED PRESS

Los Angeles-based anti-piracy firm CEG TEK has been sending notices to Canadian users on behalf of their clients via users' internet service providers. The company has asked anyone who illegally downloaded content to compensate the owner. MARC FEMENIA/THE ASSOCIATED PRESS/ SCANPIX

Canadians targeted by firm over piracy

INTERNET

U.S.-based company seeks $150 to $450 from users

Megan Haynes
For Metro

An L.A. company is asking thousands of Canadians to cough up hundreds of dollars each for illegally downloading videos, taking advantage of recent changes to the Copyright Act.

CEG TEK, an anti-piracy firm that works on behalf of content owners, has been emailing notices to Canadians via internet service providers (ISPs). The notices allege piracy on the part of the recipients, and offer settlements, which range from $150 to $450, to "prevent legal action." The ISP TekSavvy recently posted a copy of one such notice online, and other recipients have also done so.

But Jake Enwright, press secretary for Industry Canada Minister James Moore, said that, while the notices don't violate Canadian law, "there is no obligation for Canadians to pay these settlements," adding that the ministry's aim is to combat online piracy not by penalizing consumers but by educating them that the practice is illegal and hurts content producers.

In an email interview, Kyle Reed, chief operating officer at CEG TEK, wouldn't confirm how many emails the firm has sent to Canadians or how many recipients have opted to settle. But Bram Abramson, chief legal and regulatory officer at TekSavvy, which has 250,000 customers, said his company forwards approximately 1,300 notices a day, over half of which are from CEG TEK.

Through the end of 2014, copyright holders or their representatives could send infringement notices to ISPs, but the ISPs were not legally required to forward the notices to end users. But changes to the updated Copyright Act, which came into effect on Jan. 1, requires that all infringement notices be forwarded.

What's more, there is no fee associated with sending these emails, Abramson said, despite lobbying efforts from the ISPs to include a small fee. He says this would prevent sending out mass quantities of emails.

Michael Geist, research chair in Internet and e-commerce law and professor at the University of Ottawa, said ultimately, the cost of setting up auto-forwarding and monitoring of these notices was pushed onto the ISPs, who ultimately will pass these costs on to consumers.

CEG TEK, which began operating in Canada on Jan. 2, 2015, has been active in the U.S. since 2009. It made the news last September when it sent out a blitz of emails on behalf of Millennium Films going after people who illegally downloaded The Expendables 2 and 3, asking for upwards of $300 in settlements, according to media reports. Reed claims CEG TEK's model is the only proven method to decrease content piracy, and claims there has been a reduction in clients' content downloaded here in Canada. "We are unaware of any law or regulation that prohibits presenting a settlement opportunity, and we are unaware of anyone at Industry Canada ever asserting that a notice from CEG TEK was in any way in violation of Canada law," he added.

Stephen Ellis, the co-chairman of the copyright committee at the Canadian Media Producers Association, which fought for stricter changes to the Copyright Act, said going after consumers for a few hundreds dollars isn't the way to curtail piracy.

Rather, he said, efforts should be geared at those profiting from the pirated material by posting them online in the first place.

NOT SO FAST

ISPs require court order before providing user info

Internet service providers have said they will hand over clients' identities only under a court order.

The only way content owners can track piracy is through the anonymous IP addresses, the uniquely assigned identifiers of Internet connections.

In Canada the maximum penalty for digital copyright infringement is $5,000.

IN BRIEF

Superbowl ads short on diversity, study says

While Super Bowl XLIX commercials were more sensitive and less gender offensive than in past years, women and people of colour remain underrepresented among the creative directors, says a diversity study released Wednesday.

It found that of the 42 Super Bowl ads in 2015 for which data was available, only three featured exclusively a person of colour as the lead creative director. As for gender, 81 per cent of the creative directors were male. Only seven per cent were exclusively female. THE ASSOCIATED PRESS

market minute

DOLLAR 81.78¢ (+0.35¢)

TSX 15,304.77 (-41.67)

OIL $56.16 US (-0.45¢)

GOLD $1,186.90 US (-$16.20)

NATURAL GAS: $2.606 US (+3.1¢)
DOW JONES: 18,038.27 (+88.68)

FEDERAL BUDGET

Harper shrugs off Oliver's comments

Stephen Harper shrugged off controversy Wednesday over his finance minister's assertion that potential future problems created by his budget should be left to the prime minister's granddaughter to solve.

Harper characterized Joe Oliver's comments as a sarcastic bid to dismiss "a clearly preposterous argument" that boosting the maximum amount Canadians can put into tax-free savings accounts will drain billions from the federal treasury over the coming decades.

But opposition leaders pounced on Oliver's remark as proof of their claim that the Harper government is making a fiscal mess and sticking future generations with the cost of cleaning it up.

"Leave it to our grandchildren. Really?" NDP Leader Tom Mulcair told the House of Commons.

"I have grandchildren and like so many grandparents I do not want to leave the responsibility for cleaning up the prime minister's mess to my grandchildren."

Liberal Leader Justin Trudeau chimed in: "Since when does Canada burden our grandchildren instead of building for them?"

Harper countered by citing numerous measures contained in Tuesday's budget that he maintained will be of benefit to future generations - including almost doubling to $10,000 the maximum individuals can contribute yearly to their TFSAs.

"Balancing the budget is good for future generations," Harper said.

"Cutting taxes and allowing people to save and keep money in their own pocket is good for future generations. Giving money to Canadian families so that they can raise their children is good for future generations."

Estimates provided by the parliamentary budget officer and the government itself suggest the federal treasury will lose more than $1.3 billion in tax revenue this year as a result of the TFSAs.

Both Mulcair and Trudeau oppose doubling the maximum contribution to TFSAs, a move they argue will benefit primarily wealthy Canadians. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Thursday, April 23, 2015

Policy deficit hides behind the surplus

POLITICS
Chantal Hébert

In one of his more exuberant moments in the role of Conservative cheerleader, Public Safety Minister Steven Blaney called Tuesday's pre-election budget his "best-seller."

Listening to the Quebec minister on Montreal radio, one could easily picture him clutching the budget to his chest as he spoke.

It is even possible that he slept with the 300-page brick under his pillow. After all, it devotes an entire chapter to his public safety file.

Over the years Blaney's faith in Stephen Harper has been shown to border on religious and he has exhibited a zeal in defending the government's agenda that is second to none among cabinet members.

Still, in this instance, the minister's giddiness reflects the mood of his government colleagues as they fast-forward to the upcoming campaign.

Given a choice, it is a rare MP seeking re-election who would not prefer coming to a voter's doorstep bearing gifts.

Tuesday's budget fulfils most, if not all, of the fiscal commitments undertaken by Harper — starting with a fresh dose of tax relief now that the books are (tenuously?) balanced. Anyone holding out for that promised adult-fitness tax credit should know that it is work in progress ...

For better or for worse the budget reflects the philosophy of the ruling Conservatives.

They will be comfortable selling it on the campaign trail.

But the budget's greatest strength is also its main weakness for it stands to reinforce the very reason why a majority of voters opted to support one of the other parties four years ago.

Those voters were, for the most part, driven to other choices by a deficit of Conservative policy ambition on almost every front — from the environment to social programs — that used to account for a significant part of the mission of past federal governments.

Tuesday's budget compounds that deficit.

The environment is covered by a few paragraphs but the words "climate change" are blatantly absent from its numerous pages.

If anyone remembered that, back in 2005, offering Canadians a wait-time guarantee for medical care was one of the five priorities of the Harper Conservatives, he or she was not in the room when the 2015 budget was drafted.

So entrenched is the government's pro-tax-cut bias after nearly a decade in power that it chooses to offer relief to voters in less-than-pressing need rather than address policy areas in dire need of attention.

And so it is that Canadians who have $10,000 a year to spare on a tax-free savings account (TFSA) get a break, but urban commuters who endure daily traffic jams to get to work would have to wait for the second half of a fourth Conservative mandate before a major federal boost to public transit materializes.

Chances are swing voters still believe in a more activist government than the one Harper is offering.

A wise opposition would spend little time illustrating the fragility of the balancing act that has brought the Conservatives to exhibit a surplus in the budget.

That only undercuts the other parties' already reduced capacity to strike a credible course that is both different from that of the Conservatives and appealing.

The government's budget does paint the picture of steadily increasing budget surpluses — even after the full implementation of the latest round of tax cuts.

Choosing not to implement at least some of those cuts wouldn't necessarily come at great political cost. The government's spending priorities over the longer term are not cast in stone. They are subject to its re-election in the fall.

In the last election Harper made the promises he is now delivering conditional to the government's fiscal performance.

There is no reason why the opposition parties cannot similarly present Canadians with a blueprint designed to live up to the full ambitions of its authors over more than a single budget cycle.

With this budget, the Conservatives are hoping to bring back under their tent the voters who supported them four years ago but have since gone missing in the polls.

Many of them were Liberal sympathizers unhappy with Michael Ignatieff's campaign.

More than a few have come home since Justin Trudeau became party leader.

If they voted for Paul Martin or Jean Chrétien in the past, chances are those swing voters still believe in a more activist government than Harper is offering in this bare-cupboard budget.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

We don't know their names, but they're still our problem

"I wish I had their names," the caller said.

Ronke from Greenwich was on a U.K. radio show debating controversial Sun columnist Katie Hopkins over the hundreds of thousands of migrants who are increasingly charting a dangerous course over the Mediterranean to reach the shores of Italy, and a life in Europe.

An estimated 800 people from Syria, Eritrea and other countries drowned on the weekend. Only 27 on board the boats survived, according to the UN. European leaders are in Brussels to push through an emergency plan that boosts patrol and rescue operations and increases efforts to settle migrants.

In a column that has sparked calls for her firing, Hopkins compared migrants to cockroaches. "Gun ships," like those deployed to keep migrants out of Australia, is the solution, she wrote.

Her "turn them back" ideology has support in Europe, and it doesn't fall far from the ideology behind our own government's effort to evict about 70,000 longtime migrant workers, so Canadians have first dibs on their jobs.

In the words of New Yorker writer Mattathias Schwartz, referencing illegal immigrants in the U.S., "the goal of Western immigration policy is to keep people out." And clearly it's not working.

"We can't afford at the moment to take on the problems of the world," Hopkins said during that radio call. "I do believe these boats need pushing back."

So simple, isn't it? Except it is, of course, not a solution.

The images of drenched and terrified survivors that covered newspapers this week is about so much more than any one person's desperate attempt to escape horrors at home. It is about colonial pasts, current wars, and corporate greed in countries like Eritrea, where there are allegations of a Canadian mine using forced labour.

It's about Western lifestyles dependent on poor nations with terrible human rights records (think Bangladesh and the garment industry). It is about politics, domestic and international, and identity — what your race and nationality says about where you belong. (An Ekos survey last month found that 41 per cent of Canadians think there are too many visible-minority immigrants.)

Hopkins can delude herself that none of that is an English, or Western, problem. I cannot.

The hundreds who died weren't the first, and they won't be the last. A reported 170,000 people crossed the Mediterranean last year, and more are expected in 2015.

We may never know their names, Katie Hopkins, but that doesn't mean their plight is not our problem.

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Your essential daily news

Sandra Bullock is the World's Most Beautiful Woman, according to People Magazine.

McLaren's modern malaise

Leah McLaren's new novel follows the unravelling of a relationship thanks to built-up resentments. LIZ BEDDALL/METRO

NEW NOVEL

Messy marriage tale unearths the roots of resentment

Melita Kuburas
Metro | Life

Leo Tolstoy was wrong when he wrote, "All happy families are alike; each unhappy family is unhappy in its own way" — all unhappy families are alike, too.

At least the families headed by 30-something, urbanite yuppies tend to be.

When the Russian author wrote the famous opening of Anna Karenina, the world hadn't yet been introduced to the troubled marriages of Nick and Amy Dunne in Gillian Flynn's Gone Girl, or, more recently, Nick and Maya Wakefield in Leah McLaren's new novel, A Better Man.

Both books follow the unravelling of a relationship in which two people come to resent one another in a way only former lovers can. In both marriages, that acrimony builds thanks to a blame-game dynamic that's a result of interrupted careers, manipulative personalities, infidelity, and uprooted gender roles.

"Having been in quite a few unhappy relationships, I have to say, it does feel quite similar," laughs McLaren, a London-based journalist who writes a column for the Globe and Mail.

She laughs at the comparison between her book and Flynn's blockbuster, which was turned into a movie last year. "I really hope that this book reminds everyone of Gone Girl, and every single person who bought Gone Girl can buy this book. Then my next divorce would be extremely expensive!" she jokes, during a visit this week to Toronto.

Divorce is the cloud that hovers in A Better Man, released by HarperCollins late last month, as the main character, Nick, suddenly becomes generous with his time and attention — remembering to bring the banana-nut bars during an outing with the kids, and not criticizing his wife's poor choice of wine at dinner.

He pretends to be the perfect husband on the advice of a lawyer — if he gives saving their marriage a college try, his wife, Maya, will be guilt-ridden enough to take it easy on him in their divorce settlement.

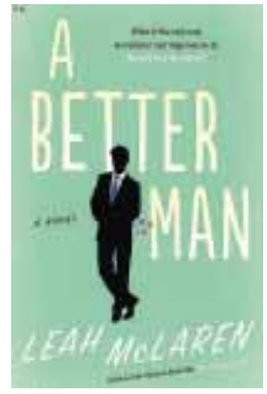
The premise is based on an actual trick used by high-billing divorce lawyers, McLaren says.

"It's quite the cynical ruse, but not unheard of in the annals of family law, as horrifying as that might seem," she tells Metro. It's especially not unheard of in London, where the "super rich of the world" have had to divvy up their assets according to England's equitable divorce policy, she adds.

"I wanted to write about that stage of life of being married and having small children, and just how very, very intense it is," McLaren says. "Suddenly there's this crazy intersect, particularly for women, when the biggest years of career coincide with the same years you're supposed to have children. And it's just insane."

Career-driven women who leave their jobs may throw their energy into attachment parenting, as does Maya, an attorney who finds herself traversing between toddler yoga classes, the gym and therapy sessions. She gets her thrill from visiting a posh salon in a gritty neighbourhood, and worries she has become "a hopeless bourgeois cliché — an overeducated, underemployed housewife on the verge of an affair with her personal trainer."

In other words, she's the opposite of "Cool Girl," as ranted against in Flynn's novel by Amy Dunne. "Being the Cool Girl means I am a hot, brilliant, funny woman who adores football, poker, dirty jokes, and burping ..."



Maya's all-consuming, helicopter approach to parenting becomes a turn-off to Nick, who imagines sex with his wife as a kind of "erotic duty."

"Nick and Maya fall into stereotypical gender roles, and that's part of their problem," McLaren says.

"There is a real division of labour that happens and as women give birth it will often end up being a woman who then (makes) concessions, career-wise," she says.

The resentments that rise up as a result — her loss of status, his sense of being shut out of the family — turns out to be the book's exploration of what in modern times has become a common problem.

> **He's living a life of distraction. All the women, all the booze, all the work. The beautiful, tailored exterior — it's all just a big sideshow.**
> Leah McLaren, on similarities between her main character, Nick, and Mad Men's Don Draper, another of pop culture's bad husbands

Time puts its best face forward

WATCHES

Make the latest timepiece trends work with your style

Jesse Ship
Metro | Life

Konstantin Täts (aka @spentologist) is a self-professed watch hoarder who boasts over 25 timepieces in his collection — yet he still can't help checking the time on his phone every once in a while.

Digital technology has become ubiquitous these days from toasters to car engines, and while he's a fan of the innovation of the Apple Watch and newly announced partnerships from the likes of Tag Heuer and Microsoft, Täts, a Toronto-based commercial realtor, will always be in love with the mechanical aspect of his timepieces.

"Every day I put on a watch, no matter what I'm wearing because it can be made to be both luxurious, sporty and fashionable depending on the way you dress it up or down. As well, a watch's movement has a similar beat to our hearts — it's a very natural thing to wear."

To check out what other watch enthusiasts are sharing online, follow #RedBar on Instagram.

Täts says the meetups he takes part in are "a bit of an exclusive club ... since sometimes over two million dollars worth of glass are on the table. But if someone wants to attend and they are a watch person, then we can work things out."

We spoke to experts about five of the more interesting watch trends on the market these days, and how to make them work with your look.

1 The Antique Pocket Watch

The owner may have received it passed down by a great-grandfather who hid it who knows where during time spent in the trenches of Gallipoli, or maybe the owner is just be an unabashed steam punk fanatic. Exude an aura of old world sophistication as you adjust your monocle and pull one out from your tweed blazer breast pocket to wind the daily movement.

3 The Swatch

Launched in the '80s, Swatch set the Swiss economy back on fire with their low price points, cheery designs and interchangeable straps and faceplates. Despite their plastic bodies, quartz movements, and a plethora of commemorative editions, the populist brand still pushes out sought-after collectable pieces, especially the recent Sistem51 ($150), a mechanical marvel made by a robot, composed of just 51 parts. Sporting a Swatch shows that you're a fun-loving individualist who doesn't take life too seriously.

4 The Trendy Watch

Timepieces with overstated faceplates are bound to get attention and help you stand out from the crowd at the club or in the boardroom. Diesel's ($170-$510) monstrous and metallic shiny bodies, Michael Kors' ($300-$579) signature rose gold and tortoise tones and U.K. newcomer Olivia Burton's ($120 - $230) vintage-inspired faces are snapping up customer sales. The trend is also seeing retail trendsetters like J. Crew teaming up with Timex ($114 - $172) for vintage-inspired military watches with quartz movements to keep the look perpetually in style.

2 The Mechanical Watch

Like a well-crafted Porsche, a well-maintained mechanical watch will most likely outlive its owner. Some — like the Rolex Paul Newman (starting at $25,000) or Daytona (starting at $10,000), may never go out of style, but for the serious collector, a "grand complication," made of a few hundred parts that takes a year to make is the ultimate get. Owners claim they create a personal bond with the watchmaker by wearing one due to the movement's fine-tuning.

5 The NATO

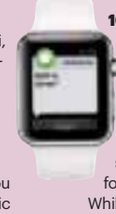
First introduced to the public by James Bond's Goldfinger (1964) where it was used to secure his Rolex Submariner to his wetsuit, the British military picked up the woven nylon style for their soldiers in the '70s. Today, NATOs have reached mainstream, and interchangeable straps can cost as little as $15 and go up to hundreds as crafty independent designers like Coq Straps and AP Bands have made use of fine leathers and stainless steel components for added personal flair. That might have the watch snob in your life giving the NATO a second glance.

IT'S ALL ON THE WRIST WEARING AN APPLE WATCH FROM DAWN TO DUSK

Apple's first new product in five years — and the company's first wearable gadget — makes its debut today in nine countries, including Canada. Apple Watch (from $449) is worn on your wrist like a regular watch, but Apple's "most personal device we've ever created" goes above and beyond merely telling the time — especially when there's a nearby iPhone 5 or later to unlock its full functionality. A glimpse at how Apple Watch could revolutionize your day. MARC SALTZMAN

7 a.m. Apple Watch's vibrating alarm wakes you – without disturbing your significant other. While getting dressed, you glance at the animated watch face which also shows the current weather and when your first appointment is.

7:45 a.m. Raise your wrist and say "Hey Siri, Workout." Select "Outdoor Run" from the list of exercises, followed by a time, calorie burn or distance goal. Bluetooth headphones let you listen to music playing on the watch. Your watch can calculate your heart-rate after the run.

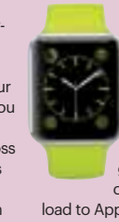


10:09 a.m. While at the office you feel a tap on your wrist and look at the screen: "BBQ for dinner?" While you could reply with a pre-set answer or dictate a new one, instead you send an animated thumbs-up. While you're at it, tell your watch to remind you to pick up flowers at 5 p.m.

1 p.m. Apple Watch notifies you of an upcoming appointment at a new café. You're not quite sure where it is, so you tap to open the Maps app to get turn-by-turn directions. A call comes in while walking down the street. Answer it on your watch and leave your phone in your pocket.

3:30 p.m. You've been sitting at your desk for a long while, so your wrist buzzes to tell you to stand up and move around a bit. While getting a glass of water from the cooler you check the Activity app on the watch, which shows how close you are to your daily movement goals.

8:05 p.m. Your favourite basketball team is up 20 points at half-time — something your wrist discreetly tells you while taking a walk. A couple of swipes across the screen also shows some email you need to deal with later and a reminder to check into tomorrow's flight to New York.



10:09 p.m. After a relaxing round of Trivia Crack — one of the games you can download to Apple Watch — you realize it's time to charge it up. Attach the magnetic charging "puck" to the back of the watch and plug the other end of the cable into your computer's USB port.

ALL PHOTOS CONTRIBUTED; APPLE WATCH PHOTO ILLUSTRATIONS: DAVID VAN DYKE

Nothing like following a dream

DEBUT

First-time novelist's tale has personal parallels

Liz Brown
Metro | Life

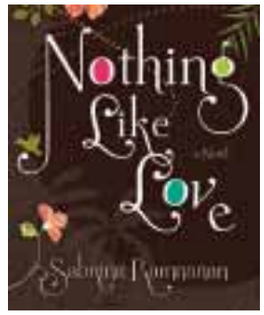
As she wrote her very first novel, Sabrina Ramnanan only had to look to her father when she needed to verify facts about Trinidadian village life in the 1970s. The Toronto-raised daughter of Trinidadian parents, Ramnanan always relished her dad's stories about his life in the Caribbean and visited the island nation herself several times while growing up.

"My dad is a very vivid storyteller. He's almost been prepping me all my life to write this book because he's told me all these wonderful stories and they haven't been written down," she says.

Ramnanan combined the tales of her parents with her own experiences on the island to build a story of forbidden love and a spirited young woman's break from small-town life. That story began as a personal project for the University of Toronto's creative writing certificate program, but soon caught the eye of a senior editor at Doubleday Canada who eventually would offer her a book deal.

"I feel so fortunate," she says, seated at a table in the O&B Canteen on the ground level of Toronto's TIFF Bell Lightbox Theatre. "Who would have known that this story I began working on five years ago — to entertain myself — would be received so well?"

Ramnanan's book, Nothing Like Love, is fast-paced and at times funny. The heroine, Vimla Narine, is an 18-year-old schoolgirl poised for village greatness. She aces her exams and is offered a coveted teaching position, but all that goes awry when it's discovered she's been secretly courting the pundit's son, Krishna Govind. On the surface, the book seems like a typical forbidden love story, but it's more than that. The discovery of Vimla and



> **"Who would have known that this story I began working on five years ago — to entertain myself — would be received so well?**
> Sabrina Ramnanan

Krishna's secret affair reverberates through the community and affects a number of people in different ways. "It's really about autonomy," says Ramnanan. "Vimla just wants to do what Vimla wants to do."

The storyline hits autobiographical notes for the 32-year-old Ramnanan. She too, became a teacher. "I thought it was practical," she admits. "There is some of that in Vimla. She does what is expected of her, she gets that teaching post and she gets swept up into it, but does she really want to do it? I don't think so."

Ramnanan says in her heart she always wanted to be a writer, so while working as a supply teacher, she began taking continuing education courses in creative writing. "I became obsessed with the classes because they kept me writing," she says.

Now, with her success — a first novel picked up by a major publisher — she has a new philosophy.

"I think when you do what you know deep down you are supposed to be doing, things work out the way they should. When you do what you're not supposed to do, or what other people think you should do, you come up with all these struggles that you wouldn't have had if you'd just followed your heart."

Sabrina Ramnanan says part of her research for her novel was going to Trinidad to just soak in the people, food, sights and smells. CONTRIBUTED

Tommy turns 30

Tommy Hilfiger says an all-American lifestyle has always been one of his sources of inspiration. As his namesake brand celebrates its 30th anniversary, the designer discusses his success, and his upcoming memoir.

Designer Tommy Hilfiger backstage at Fashion Week in New York City in February. GRANT LAMOS IV/GETTY IMAGES

Rafael Nadal has been named your brand ambassador — can you comment on this?
I'm continuously inspired by his dedication and passion for his sport. Rafael's style is effortless and really exemplifies our brand spirit — he's fun and cool, and doesn't take it too seriously.

Did you think the brand would grow to be this big?
I dreamed of having a globally recognized lifestyle brand but I never could have expected that our company would grow on such an incredible scale. We are very proud that today we have over 1,400 stores in more than 90 countries worldwide.

What is the key for a brand to succeed for so long?
Our signature look celebrates the East Coast Americana lifestyle with a West Coast twist that's laid-back, confident and cool. Our success has come from defining this clear brand DNA and staying true to this heritage, and we love to see how our customers worldwide interpret our designs in their own unique way.

Why is America your main inspiration?
I grew up on the East Coast and that all-American lifestyle has always remained one of my core sources of inspiration. I have also always been drawn to iconic Americana and pop culture; some of my favourite style icons include Steve McQueen, Grace Kelly, James Dean and Jackie O... Each has made a permanent mark in music, film or culture.

What will be in your memoir?
I'll be publishing my memoir in 2016 with Random House. I'll share my stories from all the milestone moments that have defined my career and my personal life, and how I got to where I am today.
AFP

No purchase necessary. Contest open to residents 18 years of age or older. Odds of winning depend on the number of eligible entries received. One grand prize to be won; value is $576.49, fourteen secondary prizes are each valued at $25. Skill-testing question required. Contest closes April 27, 2015 at 9:00 a.m. Complete contest rules at clubmetro.ca.

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CONTROVERSY

Dr. Oz strikes back

Vowing that "we will not be silenced," television's Dr. Oz is fighting back against critics who are trying to get him removed from a faculty position at Columbia University.

Dr. Mehmet Oz will air an episode of his syndicated talk show on Thursday that specifically takes on the group of 10 doctors from around the country who wrote to a Columbia dean about him. The group suggested last week that Oz promotes "quack treatments" of weight loss supplements with no scientific proof that they work.

Oz taped a message previewing his show where he said he knows he has alienated people in "our quest to make America healthy."

But he said freedom of speech is a fundamental right of Americans, and the other doctors are trying to silence him.

THE ASSOCIATED PRESS

Dr. Mehmet Oz. GETTY IMAGES

Ben Affleck lobbied the host of Finding Your Roots to not reveal on the program that he had a slave-owning ancestor. GETTY IMAGES

Ben whitewashed slave owner roots

SONY HACK

Star wanted information omitted from PBS program

PBS is conducting an internal review following revelations that producers of Finding Your Roots may have violated the network's editorial standards after a request by Ben Affleck that the program not reveal he had a slave-owning ancestor.

Meanwhile, Affleck has expressed regret for seeking to have the information omitted from the episode that featured the actor and aired last October.

"We deserve neither credit nor blame for our ancestors and the degree of interest in this story suggests that we are, as a nation, still grappling with the terrible legacy of slavery," Affleck posted on his Facebook page Tuesday night.

The review by PBS and New York station WNET began Saturday, according to a statement released Tuesday by PBS spokeswoman Anne Bentley.

"We have been moving forward deliberately yet swiftly to conduct this review," she said.

In his Facebook post, Affleck acknowledges that, initially, "I didn't want any television show about my family to include a guy who owned slaves. I was embarrassed."

He says he lobbied Henry Louis Gates, the Harvard scholar who hosts and produces the show, "the same way I lobby directors about what takes of mine I think they should use."

"It's important to remember that this isn't a news program," Affleck said of Finding Your Roots, which traces the ancestry of well-known guests. Affleck's request came to light last week in hacked Sony emails published online by whistleblower site WikiLeaks.

Gates and PBS said then they didn't censor the slave-owner details. Instead, more interesting ancestors of the actor emerged and Gates chose to highlight them instead.

THE ASSOCIATED PRESS

GOSSIP NOTES

Garfield and Stone's web has permanently unwoven

After dating for more than three years — so basically a decade in Hollywood — Andrew Garfield and Emma Stone went on a "break" two weeks ago. But unfortunately this is no Ross and Rachel situation. According to Us magazine, a source close to the couple says they are done for good. Apparently, Andrew got a little too into character preparing for his role in Silence. "He's been in a dark place for months getting into the role. He wasn't being the best partner," a source tells the magazine. Can someone put this guy in a lighthearted rom-com next? Sheesh!

Jenner fuels speculation over upcoming interview

New photos appear to show former Olympic athlete Bruce Jenner in a striped dress outside his Malibu home. The New York Daily news published the photos a couple of days prior to Jenner's scheduled interview with Diane Sawyer. The interview is believed to be about Jenner's coming out as transgender. The Daily News reports that Jenner has been seen also wearing a sports bra: "A photo of the former Olympic gold medallist wearing what appeared to be a sports bra while riding his Harley Davidson motorcycle emerged Monday, leading many to assume the star had already undergone breast augmentation surgery." ABC will air Jenner's interview on Friday.

Amy Schumer gets no help from Kimye

In other Kardashian-Jenner news, Kim Kardashian and Kanye West totally got punked by Amy Schumer at the Time 100 Gala this week. She fake-tripped in front of the couple on the red carpet and sprawled herself on the ground, face first. Most people might lend a hand and help a girl up, but the couple just kind of stepped over her and carried on. Well, what else would you expect from Kanye, right?

EMILY LAURENCE/METRO NEW YORK

Amy Schumer falls in front of Kanye West and Kim Kardashian at the Time 100 Gala. GETTY IMAGES

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Sofas were a hit at this year's Milan Furniture Fair

Florals unfurl in spring decor

DESIGN CENTRE
Karl Lohnes

Punchy, graphic and bright floral patterns offer a pretty, modern edge this spring; let them bloom with these stylish accessories.

1 **Cece Organic Duvet**
Organic cotton duvet cover shows off a botanical scene of giant dahlias. $130, PotteryBarn.com

2 **Faux Floral Arrangement** Everlasting floral arrangements add a burst of summer colour. $35, Homesense.ca

3 **Asan Kantha Chair**
Sit pretty on this occasional chair featuring a mix of industrial and floral. $750, CB2.com

4 **Flower-Shaped Pancake Ring**
Making pancakes and eggs just got a lot more fun. $5, CrateAndBarrel.com

5 **Allyson Johnson Bold Floral and Dots Shower Curtain**
Add a summer garden to your bathroom. $90, UrbanOutfitters.com

6 **Daydream Floral Pillow With Feather Insert**
Escape to a blooming garden by adding pastel and jewel tone florals. $49, Chapters.Indigo.ca

Taking your garden plants on the road

GREEN THUMB

Portable plant ideas include containers, grow bags

People on the move often spurn gardening as a hobby because they have to leave their plants behind. But new innovations and creative ideas are making planters portable and easy to transfer from one location to another.

They store easily and work well for tight spaces, too. Adaptable and flexible planters with wheels, handles or other movable parts fit these needs, as do lightweight, durable products, said Susan McCoy, founder of Garden Media Group in Kennett Square, Penn. Or think modular containers that fit together and come apart like LEGOs.

"They're extremely versatile and can be used indoors or outdoors, individually or in multiples, on tabletops or hanging on a wall, and can be expanded as enthusiasm for gardening grows," McCoy said.

The new products are aimed at "those who prize freedom over home ownership," she said, including retirees and empty nesters, as well as young people who haven't settled down.

They "can barely commit to a single place, let alone a permanent plot of land," McCoy said. "Portable gardening gives everyone a chance to grow something, no matter where you live. And it's fun to see gardens pop up in the most unexpected places."

Movable planters are excellent for raised beds, which make gardening more accessible, particularly for those who don't like bending over or have physical limitations.

"We push grow bags as great for apartment living, as they store well and you can take them with you if you're not in permanent housing," said Maree Gaetani, a spokeswoman for Gardener's Supply Co. in Burlington, Vt.

Millennials in particular (those age 18 to 35) are showing interest in portable gardening, including on a roof, deck or patio, Gaetani said.

Many kinds of containers can be converted into portable planters, from wheelbarrows to milk cans to bushel baskets. Other examples? Hard-sided suitcases, little red wagons, coal scuttles, recycled shopping carts, discarded tricycles and bicycles. All can be moved cross-country, across town or simply shifted from one side of the patio to another to follow the sun.

Keep your eyes open and creative juices flowing when shopping for inexpensive items at craft shops, antique stores and yard sales.

Portable home gardens also can be carried indoors when the season turns cold or when threatening weather is forecast.

"We're finding that across ages and incomes, people want to grow their own, even if they only have a small space and may be at a transient point in their lives," Gaetani said. "This is where aging baby boomers and younger gardeners intersect."

THE ASSOCIATED PRESS

Old hard-sided suitcases (above) and an old cart (below) make innovative plant beds. DEAN FOSICK/THE ASSOCIATED PRESS

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metro SPORTS

Anderson Silva will fight for a spot on Brazil's Rio 2016 Olympic taekwondo team

Thursday, April 23, 2015

Ducks send Jets off course and into crash landing

NHL PLAYOFFS

Jets swept aside in four games at hands of Anaheim

GAME 4 At MTS Centre

DUCKS	JETS
5	2

In front of another raucous whiteout crowd, the Winnipeg Jets were wiped out of the Stanley Cup playoffs.

The Jets played tight against the Anaheim Ducks once again, but a 5-2 loss in Game 4 Wednesday night at MTS Centre ended their season in a sweep. It's the only sweep in the first round.

Anaheim will face either the Calgary Flames or the Vancouver Canucks in the Pacific Division final. The Flames lead their first-round series against Vancouver three games to one.

The Jets/Atlanta Thrashers franchise remains without a playoff victory through 15 seasons of its existence. The only previous playoff appearance was in 1999, a sweep at the hands of the New York Rangers.

The Ducks' Andrew Cogliano, right, celebrates scoring a goal with Corey Perry during their series-clinching win over the Jets at MTS Centre on Wednesday night. JOHN WOODS/THE CANADIAN PRESS

Amid more chants of "Katy Perry" from Jets fans, Ducks star Corey Perry had two more assists to reach seven points in the series and lead the sweep. Ryan Kesler scored twice for Anaheim, and Emerson Etem, Andrew Cogliano and Sami Vatanen (empty net) had one each.

Bryan Little and Mark Stuart scored for Winnipeg, which got 30 saves from Ondrej Pavelec in the team's flattest game of the series.

Ahead 3-2, Kesler delivered the dagger on a 2-on-1 rush with 4:49 left, scoring to quiet the building once more.

THE CANADIAN PRESS

MORE SCORES

Rangers' OT win pushes Penguins to the brink

Kevin Hayes scored at 3:14 of overtime to give the New York Rangers a 2-1 victory over the Pittsburgh Penguins on Wednesday night in Game 4 of the Eastern Conference first-round series.

The Rangers lead the series 3-1 heading back to New York for Game 5 on Friday night.

Derick Brassard also scored for New York, while Patric Hornqvist tallied for Pittsburgh.

THE ASSOCIATED PRESS

Sens beat Habs to avoid four-game sweep

Mike Hoffman scored in the third period and Craig Anderson made 28 saves for the shutout as the Ottawa Senators downed the Montreal Canadiens 1-0 on Wednesday night to stay alive in their first-round NHL playoff series.

Montreal leads the best-of-seven series 3-1 and can wrap it up on home ice Friday night. THE CANADIAN PRESS

Mike Hoffman celebrates a goal Wednesday for the Sens. THE CANADIAN PRESS

Whiteout's return unforgettable

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

Winnipeg fans were incredible for the whiteout's return and even the result couldn't dampen their spirits. THE CANADIAN PRESS

When the Winnipeg Jets qualified for the Stanley Cup Playoffs, it didn't take long for True North to put out a release announcing the return of the Whiteout.

After 19 long years, fans of the Jets again had an opportunity to show the rest of the hockey world that their reputation as one of the most passionate fan bases in sports was well-deserved. Monday, April 20 was the day the whiteout returned to Winnipeg.

For all of Monday I made a point of trying to take it all in. During the day, everywhere you went in Winnipeg it was impossible to not know something big was going on. Jets jerseys everywhere. Go Jets Go signs on local businesses. Everyone wearing white. Heck, even Mother Nature got in on it with a spring snowstorm just in time for the national media to arrive in town for game three of the series.

I, like most of the crowd, made a point of getting into MTS Centre early before the 8 p.m. start. I walked around the concourse a couple times and saw a level of excitement and enthusiasm that was even more than I expected.

This was different than October 2011 when the team returned — this was the Jets in the Stanley Cup Playoffs.

The seating area of the rink filled early with a fan base that could not have had any more enthusiasm despite the 2-0 series deficit for the home team. The crowd stood and cheered for the entire warm-up ... the warm-up! When the Jets came out for the start of the game the volume was earsplitting. The True North shout during the national anthem almost blew the roof off. And the fans were just getting started. It was complete bedlam.

Once the puck dropped, fans were treated to a quite a show. Nine goals, more than 100 hits and 124 decibels. It was another tight, exciting, hard-fought game that saw the Ducks comeback from a 40 minute deficit for a record third straight game.

Rickard Rakell tipped in the winner early in overtime and the place went silent for a moment. Then, once again, a loud Go Jets Go chant started as the players left the ice.

For Jets fans, the unfortunate end to the game in OT may have put a damper on the festivities, but anyone who was in the MTS Centre will never forget the return of the Whiteout on Monday.

And as opposed to the last time we painted the town white and experienced a tough playoff loss, this time our team isn't leaving for the desert.

> **"The crowd stood and cheered for the entire warm-up ... the warm-up!**

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I'm best, not Ali: Mayweather

BOXING

Mayweather touts himself as sweet science's best ever

Floyd Mayweather Jr. refused Wednesday to back off earlier comments declaring himself a better fighter than Muhammad Ali.

Mayweather said he respects Ali's great career and the things he did outside the ring. But he said he believes he has done as much in boxing as the legendary former heavyweight champion ever did, without the losses that Ali suffered in his career.

"He called himself The Greatest and I call myself TBE (The Best Ever)," Mayweather said. "I'm pretty sure I'll get criticized for what I said, but I could care less. I could care less about the backlash."

Mayweather had earlier said that he was better than both Ali and Sugar Ray Robinson, pointing to his 47-0 record as proof.

"I just look at Ali's career when he fought Leon Spinks and lost to a fighter with seven fights," Mayweather said. "There were some other fights he lost and he's still known as The Greatest because that's what he put out there. It is what it is."

A little more than a week before his May 2 megafight with Manny Pacquiao, Mayweather seemed relaxed. He said he was treating the richest fight ever as just another fight.

"I know it's the biggest fight in boxing history but I can't approach it like that," Mayweather said. "I'm never going to put any unnecessary pressure on myself. I like to approach the fight like he's a fighter who's extremely talented. But my thing is to just be Floyd Mayweather."

That has worked for Mayweather his entire career, though most historians would disagree with his view of boxing history. That includes the current heavyweight champion, Wladimir Klitschko.

"I think probably, I heard this comment from Mayweather that he's better than Ali or greater than Ali," Klitschko said. "I think people call the king the king, not the king (who says) 'I'm the king.'"

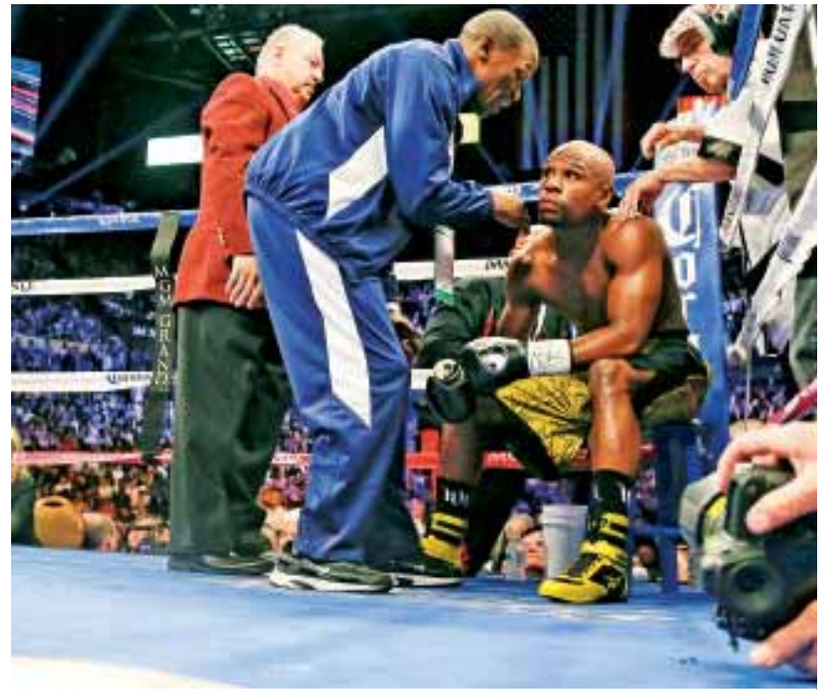
THE ASSOCIATED PRESS

He's making it basically a god against devil kind of thing, but he doesn't have to get in there and fight.

Floyd Mayweather says promoter Freddie Roach has tried to promote him as the bad guy in his superfight against Manny Pacquiao.

57-5-2

The Philippines' Manny Pacquiao comes into the fight with 57 wins, five losses and two draws.



Floyd Mayweather Jr. listens to his father and trainer Floyd Mayweather Sr. during his May 2013 fight against Robert Guerrero in Las Vegas. RICK BOWMER/THE ASSOCIATED PRESS FILE

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CANADA'S SPORTS HALL OF FAME

Coffey named to Class of 2015

Former star defenceman Paul Coffey is proud of the many individual NHL scoring records that he set over his 21-year career.

But it's the four Stanley Cup wins and his experiences with the national team that really stand out when he looks back at his many accomplishments.

Coffey was recognized for his stellar career Wednesday as he was named to Canada's Sports Hall of Fame's Class of 2015.

"Winning the Stanley Cups, winning the Canada Cups — those are the things you talk about later," Coffey said Wednesday. "You don't say, 'Oh, I scored this or I did that.' Nobody wants to hear that. It's all about the championships and sharing something with the city or a group of guys. That's what it's all about."

Paul Coffey GETTY IMAGES FILE

Coffey is one of 10 athletes and two builders who will be formally inducted on Oct. 21 at Toronto's Mattamy Athletic Centre.

Soccer player Craig Forrest, freestyle skier Jennifer Heil and women's hockey player Danielle Goyette are also included in this year's class. They're joined in the athlete category by speedskater Susan Auch, judoka Nicolas Gill, para-swimmer Michael Edgson, cross-country skiers Sharon and Shirley Firth, and track cyclist Lori-Ann Muenzer.

THE CANADIAN PRESS

IN BRIEF

Judge OKs plan to resolve NFL concussion cases

A federal judge has approved a settlement agreement that is expected to cost the NFL $1 billion over 65 years to resolve thousands of concussion lawsuits.

NFL actuaries project about 6,000 of the league's nearly 20,000 retired players could someday develop Alzheimer's disease or moderate dementia over the life of the deal approved Wednesday by a federal judge in Philadelphia. The average individual award would be about $190,000.

Awards could reach $1 million to $5 million for those diagnosed in their 30s and 40s with Parkinson's or Lou Gehrig's disease, or for deaths involving chronic brain trauma.

THE ASSOCIATED PRESS

NBA's Hawks find buyer

A group headed by billionaire Antony Ressler has agreed to purchase the NBA's Atlanta Hawks.

The team announced the deal Wednesday night during the first half of the Hawks' playoff game against the Brooklyn Nets.

The sale price was not released. But a person familiar with the deal, speaking to The Associated Press on condition of anonymity because the two sides did not reveal that information, said Ressler's group would pay $850 million.

THE ASSOCIATED PRESS

Real Madrid tops 10-man Atletico in quarter-final

Javier Hernandez scored off a pass from Cristiano Ronaldo in the 88th minute, and defending champion Real Madrid beat Atletico Madrid 1-0 Wednesday to reach the Champions League semifinals for the fifth straight year. THE ASSOCIATED PRESS

RECIPE Bok Choy Salad with Mandarin Oranges and Ginger Dressing

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Serves: 6

Ingredients
- 6 oz extra firm tofu cut into cubes
- 12 oz baby bok choy, trimmed and sliced
- 2 green onions, chopped
- 1/3 cup dried cranberries
- 1/2 cup fresh or canned and drained mandarin segments
- ¼ cup toasted sliced almonds
- 3 Tbsp chopped cilantro or parsley dressing
- 1/3 cup minced red onion
- 2½ Tbsp vegetable oil
- 2½ Tbsp rice wine vinegar
- 2½ Tbsp water
- 1½ Tbsp ketchup
- 1 Tbsp minced ginger
- 1 Tbsp light soy sauce
- 1½ tsp sesame oil
- 1½ tsp granulated sugar
- 1½ tsp lemon juice
- ½ tsp minced garlic

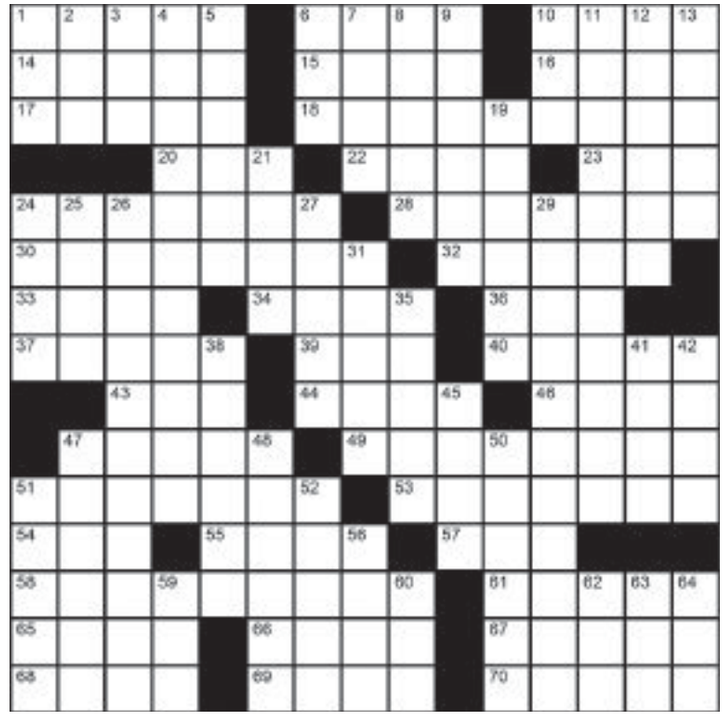
Directions
1. In grill or sauté pan, sear tofu cubes just until browned on both sides, about 5 minutes. Set aside.
2. Place bok choy, green onions, cranberries and mandarins on serving platter. Garnish with almonds and cilantro.
3. Dressing: In small bowl or food processor, puree all ingredients until smooth. Pour over top salad and mix well. Add tofu.

Nutrition per serving
- Calories 186 • Protein 8.6 g
- Carbohydrates 14.0 g
- Fibre 2.2 g • Total fat 11.6 g
- Saturated fat 0.8 g
- Cholesterol 0 g
- Sodium 169 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Uses the text-thickening function
6. Thunder god
10. First word of Virgil's epic Latin poem Aeneid
14. Streamlet
15. Sulk
16. Casual affirmative
17. Dylan __, "Orphan Black" star
18. Saskatchewan town southwest of Saskatoon
20. One-eighty turn, slangly
22. Eminem's Shady
23. Canuck, curtly
24. Smokestack
28. Growled
30. Kiesza hit
32. "Wavin' Flag" singer
33. 'Konvicted' rapper
34. Chocolate/toffee Hershey bar
36. Don't hire a pro, e.g.
37. U.S. airline
39. U.S. state, e.g.
40. "Happy Days" name
43. Cleveland NBA-er
44. Herman Melville: Captain in Billy Budd, Sailor
46. "Weeell?"
47. "Mack the Knife" singer Bobby
49. "Steal My __" by Canadian group Len
51. Many are exhausted after one: 2 wds.
53. Mr. Cage
54. Prefix meaning 'Outer'
55. Caustics
57. Stock index, with Jones
58. Bugs living under a rock, as an example of one
61. __ and Sara (Music duo from Calgary)
65. Marching instrument
66. Office memo abbr.
67. Prefix meaning 'Rainbow'
68. Gentle
69. British Columbia's __ National Park
70. Plus

DOWN
1. Consumer protection agcy.
2. Lisa __, Canadian etiquette expert
3. "__ Grant"
4. April 23rd to May 3rd, 2015: Canadian International __ Festival, in Toronto
5. British Columbia river
6. Online celeb gossip source
7. Cultivates
8. Some stones
9. Fix a chain, say
10. Ms. Rand
11. Some of Prince Edward Island's 'land'scape is distinguished by it: 3 wds.
12. Fairytale figure
13. Lend __ (Help out)
19. Christopher Plummer's actress daughter
21. Archery bow trees
24. Country of Africa
25. Go backpacking
26. Viewer voting leads to a new one each week on Ryan Seacrest's show: 2 wds.
27. Comedy's Mr. Smirnoff
29. Song by Canadian singer Pagliaro, fitting for April's weather
31. Yesteryears
35. Already-shown show
38. In a keen manner
41. Charlie Chaplin's last wife
42. Negative replies
45. Barenaked Ladies song
47. Rucellai Madonna painter
48. Oppose/reject
50. Nova __
51. Bellyaches
52. Bryan Adams' "The Best Was __ __ Come"
56. Comic actor Mr. Green
59. Kit
60. Telephone trio
62. Soldiers
63. 'Block' suffix
64. Negative word

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everyone gets things wrong once in a while and you are no exception. If you make an error of judgment today – and you will – don't try to deny it. Accept your mistake then set about putting it right.

Taurus April 21 - May 21
With the Sun in your sign your confidence is high, but you still have a vague feeling that everything could fall apart at any moment. Don't worry, it won't, but your intuition could be telling you something. What could it be?

Gemini May 22 - June 21
This is a time for reflection, a time for looking back over the previous 12 months or so and learning what you can from both your successes and your failures.

Cancer June 22 - July 23
Someone who is usually very open with you will be secretive for no good reason today, but don't take it to heart because it is unlikely to have anything to do with you personally.

Leo July 24 - Aug. 23
Anyone who thinks they can take advantage of your trusting nature will soon learn that you are not so easily deceived. Trusting you may be, but stupid you are not – as they will find out to their detriment today.

Virgo Aug. 24 - Sept. 23
If your intuition tells you to follow a certain course of action then do so even if everyone else thinks you are mad. Listen to that little voice inside your head – and close your ears to everything else.

Libra Sept. 24 - Oct. 23
If you ask someone for a favor today chances are they will be more than willing to help you out. But don't expect to get what you want for free.

Scorpio Oct. 24 - Nov. 22
Personal problems may seem much bigger than they actually are at the moment, so wait until the weekend before making important decisions.

Sagittarius Nov. 23 - Dec. 21
You have so much to do but time is limited, so don't waste even a second on things that are not connected to your long-term ambitions.

Capricorn Dec. 22 - Jan. 20
Seize the initiative today and let everyone around you know that you intend to take what it is you desire rather than wait for others to give it to you. The Sun in Taurus makes all things possible.

Aquarius Jan. 21 - Feb. 19
Don't be surprised if you feel a bit moody today, even though most things in your life appear to be going well at the moment. You will be back to your normal self come the weekend.

Pisces
Feb. 20 - March 20
You don't need to pound rivals into submission, not when your way with words is such that you can sweet talk them into doing whatever it is you desire. Whether your words are sincere is another matter entirely, of course.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8		1		7		
	6						9	
9				4				3
			9		7			
2		3				1		6
			2		1			
5				9				4
	1						6	
		4		8		5		

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